



# Honey-Soy Prawn Tacos

with Aioli Slaw & Roasted Nuts

NEW



Grab your Meal Kit with this symbol



Cucumber



Carrot



Peeled Prawns



Shredded Cabbage Mix



Garlic Aioli



Mini Flour Tortillas



Roasted Peanut & Cashew Mix



Peeled Prawns

## Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins  
Ready in: 15-25 mins



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

You can put just about anything into a taco so why not freshen dinner up with some pink prawns? The honey and soy sauce will bring a surprising twist that everyone at the table will adore and the creamy slaw balances it out perfectly. It's another taco-tastic dinner!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey, Soy Sauce



## Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	1 (medium)	1 (large)
carrot	1	2
<b>honey*</b>	1 tbs	2 tbs
<b>soy sauce*</b>	2 tbs	¼ cup
peeled prawns	1 packet	2 packets
shredded	1 bag	1 bag
cabbage mix	(150g)	(300g)
garlic aioli	1 medium packet	1 large packet
mini flour tortillas	6	12
roasted peanut & cashew mix	1 packet	2 packets
peeled prawns**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2578kJ (616Cal)	548kJ (131Cal)
Protein (g)	28.4g	6g
Fat, total (g)	28.3g	6g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	52.3g	11.1g
- sugars (g)	14.6g	3.1g
Sodium (mg)	2280mg	485mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2928kJ (700Cal)	513kJ (123Cal)
Protein (g)	42.1g	7.4g
Fat, total (g)	28.8g	5g
- saturated (g)	6.6g	1.2g
Carbohydrate (g)	52.3g	9.2g
- sugars (g)	14.6g	2.6g
Sodium (mg)	2932mg	514mg

The quantities provided above are averages only.

## Allergens

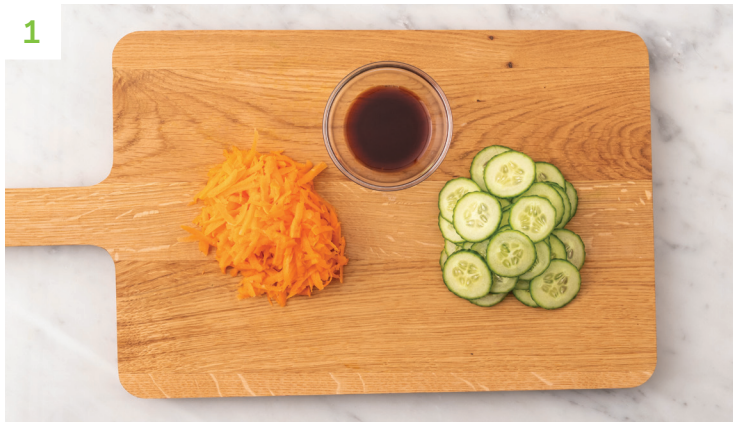
Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## Get prepped

- Thinly slice **cucumber**. Grate the **carrot**.
- In a medium bowl, combine the **honey** and **soy sauce**. Set aside.



## Toss the slaw

- While the prawns are cooking, add **cucumber, carrot, shredded cabbage mix** and **garlic aioli** to a large bowl.
- Season with **salt** and **pepper** and toss to combine.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



## Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- In the **last minute** of cook time, add **honey-soy mixture**, tossing to coat.

**Custom Recipe:** If you've doubled your prawns, cook in batches for the best result. Return all prawns to the pan and continue with step.



## Serve up

- Fill each tortilla with aioli slaw and honey-soy prawns.
- Sprinkle over **roasted peanut & cashew mix** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)